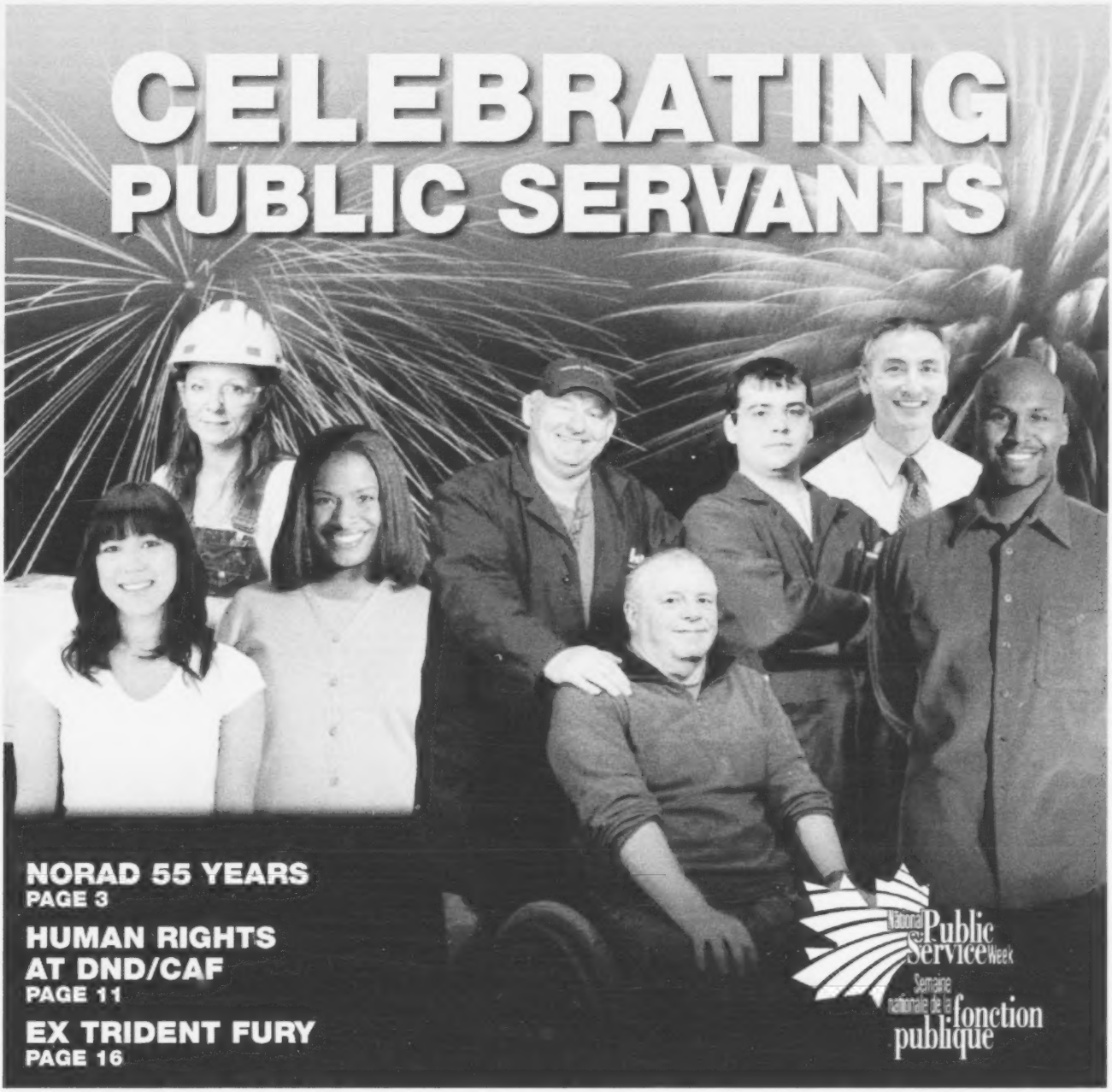
June 2013, Volume 16, Number 6 Keeping the Defence Team informed Français au verso

THE Maple Leaf / LA Feuille d'érable



NORAD 55 YEARS
PAGE 3

HUMAN RIGHTS AT DND/CAF
PAGE 11

EX TRIDENT FURY
PAGE 16

National Defence / Défense nationale

Canada

ASK THE COMMAND TEAM

THE CDS AND CF CHIEF WARRANT OFFICER
WANT TO HEAR FROM YOU

If you have a question or comment about what is happening in the Canadian Armed Forces, please send your email to **+AskTheCommandTeam-Equipedecommandementvousrepond@ADM(PA)@Ottawa-Hull**. Your message will be reviewed and the CDS or CF Chief Warrant Officer will respond to a selection of questions in upcoming editions of *The Maple Leaf* and on the DefenceTeam intranet site.

Q Ref: CANFORGEN 038/13 CDS 015/13 041728Z MAR 13: Launch of New CAF Fitness Evaluation. Sir, it is unclear as to whether a member has a choice of doing the old CF EXPRES test first or the new fitness evaluation first (The FORCE Program). Could you please clarify?

Master Warrant Officer, Shearwater

A Thanks for bringing this to our attention. To provide a quick recap, the FORCE Evaluation was officially introduced into our system on April 1, 2013; it is our new basic fitness standard. This also signalled the beginning of a one-year transition and training period for the new program. During this first year (April 1, 2013 to March 31, 2014) all Canadian Armed Forces personnel will undertake the new FORCE Evaluation. If they meet the standard of this new test, they will have been found to meet the CAF fitness standard and those results will be valid for a 365-day period. If the member cannot meet the standard of the FORCE Evaluation during his or her attempt within this first year of the new program, then they will be required to attempt the CF EXPRES before their current fitness evaluation expires. Failing the CF EXPRES test will result in remedial action as per DAOD 5023-2.

In regards to your question specifically, should a CAF member wish to attempt the CF EXPRES test in addition to the FORCE Evaluation, the order in which the two tests are completed is a personal decision. For example: a CAF member with a CF EXPRES test expiring on June 30, 2013 who requests to complete the CF EXPRES test June 15, 2013 prior to mandatory FORCE Evaluation attempt. This would give that member the peace of mind of having an up-to-date test result while allowing more time to train and prepare for the FORCE Evaluation and avoiding an expired fitness evaluation result should they fail FORCE.

After April 1, 2014, the FORCE Evaluation will be the only basic fitness standard for CAF personnel, and the fitness policy and DAOD 5023-2 will be updated accordingly.

I encourage everyone in the CAF to visit the FORCE Website to learn more about the program. **www.cfpsa.com/FORCEProgram**.

Gen Tom Lawson, CDS

Q Could the dress regulations be amended so that the new fur hat is allowed to be worn with the intermediate jacket instead of only with the Distinctive Environmental Uniform (DEU)? I would say that if the hat is warm and it looks good, let's wear it and make the best use out of it.

Master Corporal, Germany

A Thanks very much for your question; I'll start with a little background first. As most folks who use Clothing Online are probably aware, the fur hat is a "purchased item", meaning it is obtained or "purchased" by using points through the Logistik Unicorp online clothing system.

The development, or selection, of the fur hat was an interesting endeavour. The Dress Committee was challenged to find a head dress that would work well in our winter conditions, be reasonably priced, and that would fit well with the environmental dress of each element. It was only ever intended to be worn with environmental uniforms.

For the hat to be worn with operational clothing, two things would need to occur. First, it would have to be issued vice "purchased"; and second, and most importantly, at least in the case of the Air Force, it would have to be tested to make sure it meets with all existing standards, including their anti-static requirements.

In short, I'm glad you like the hat and I do agree that it works very well on a cold Canadian winter day, but for the time-being it is only to be worn with DEU, and there is no plan to conduct any operational testing on this piece of kit anytime in the near future.

CPO1 Bob Cléroux, CFCWO

SACEUR CHANGE OF COMMAND

General Philip M. Breedlove recently became NATO's Supreme Allied Commander Europe (SACEUR), assuming command of Allied Command Operations from outgoing SACEUR, Admiral James Stavridis.

The change of command, presided over by NATO Secretary General Anders Fogh Rasmussen, marks only the third time in NATO history that an Air Force general assumes the post since the position was established in 1951, when Gen Dwight D. Eisenhower became the first SACEUR.

"I was very pleased to be able to personally extend our nation's sincerest congratulations to Gen Breedlove during the most recent NATO Military Committee meetings in Brussels," said Gen Tom Lawson, Chief of the Defence Staff. "His appointment as the Supreme Allied Commander Europe, and the Commander of US European Command, is appropriate acknowledgement of both his command and leadership ability, as well as his strong understanding of NATO's political-military dynamic."

The SACEUR is responsible for the overall direction and conduct of military operations for NATO. The position is normally held by a United States Flag or General officer, who also serves as commander US European Command. His command is exercised from Supreme Headquarters Allied Powers Europe (SHAPE) near Mons, Belgium.

The Maple Leaf
ADM(PA)/DGPASP
101 Colonel By Drive
Ottawa ON K1A 0K2

Fax: 819-997-0793
E-mail: +Internal Communications internes@ADM(PA)@Ottawa-Hull
internal_communications_internes@forces.gc.ca
Web site: www.forces.gc.ca
Translation: Translation Bureau, PWGSC

Submissions from all members of the CAF and civilian employees of DND are welcome; submission guidelines can be found on the Defence Team intranet. Articles may be reproduced, in whole or in part, on condition that appropriate credit is given to *The Maple Leaf* and, where applicable, to the writer and/or photographer.

The Maple Leaf is the monthly national publication of the Department of National Defence and the Canadian Armed Forces, and is published under the authority of the Assistant Deputy Minister (Public Affairs).

ISSN 1480-4336 • NDID/IDDN A-JS-000-003/JP-001

COVER:
National Public Service Week
June 9-15.

55 YEARS AND STILL GOING STRONG

NORAD does more than track Santa... though that is a pretty important task

Deputy Commander NORAD Lieutenant-General Alain Parent arrived in the position September 2012 in a very interesting way. LGen Parent, who was Commander 1 Canadian Air Division/Canadian NORAD Region at the time, was visiting Operation NANOOK when he got an urgent call.

"I was flying a Griffon into Inuvik, a NORAD FOL, when I was asked to call General Lawson," he said. He asked me to take on the job. I was surprised for sure. And without hesitation I took it, because it's my second time here and I knew what the mission was about and it would be a great opportunity."

NORAD

So what is NORAD? The North American Aerospace Defence Command is a bi-national command. It's based on a bi-national agreement—a treaty, basically—that defines US and Canadian command responsibilities for North America's air defence and maritime warning. The Canadian Armed Forces (CAF) then plays a leading role in enforcing Canada's sovereignty and providing security throughout our oceans, monitoring Canada's coastline, the longest of any nation in the world.

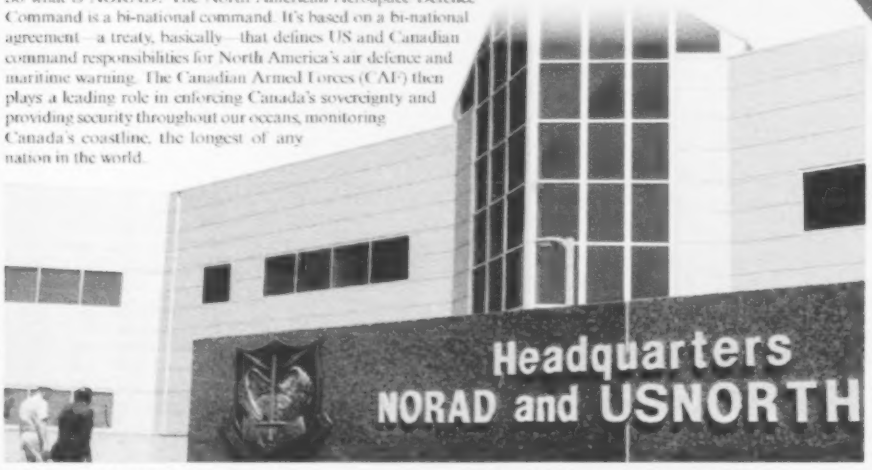


PHOTO: Tech Sgt Jacob N. Bailey

DEPUTY COMMANDER ROLE

LGen Parent's first duty as Deputy Commander, "like any good deputy, is to support Commander NORAD in accomplishing the mission," he said. The NORAD agreement reads that two military personnel be accountable to perform the mission—first the commander of NORAD, then, in his absence, the deputy commander.

LGen Parent is also actively involved in supporting the Commander NORAD priorities, which extend to both NORAD and USNORTHCOM (Northern Command) to expand and strengthen their trusted partnerships.

"Everything we do in NORAD is done through cooperation with our partners," said LGen Parent. "It is a collaborative approach we use with all our partners whether military or civilian. Our second priority is to advance and sustain the bi-national military command, and the third is to gain and maintain all domain situational awareness. We also advocate for and develop capabilities in our core mission areas to be able to face all threats. Even though it is listed last, it is always in the forefront of thoughts, to take care of our people because they are the foundation of what we do."

LGen Alain Parent

A POSTING WITH A DIFFERENCE

So how does a posting to NORAD differ from any other posting?

"The work we do here is done bi-nationally with our US friends; it is unparalleled in the world," LGen Parent said. "It's the only headquarters where you have two nations, with fully integrated staffs to perform their mission. We are not here on an exchange posting, we're here as a fully integrated staff, and what we bring to the table is taken exactly as if we were US personnel."

CELEBRATING A PARTNERSHIP

LGen Parent says Colorado Springs is a great place to live. It's a city that is extremely supportive of both the US and Canadian militaries, with both countries' flags flying everywhere.

"The locals are great hosts. Having been in NORAD for 55 years, we [Canada] are not contemplating retirement at all. We have a great partnership."

As NORAD celebrates its 55th anniversary, many things have changed, and the events of 9/11 highlighted NORAD's relevance in today's security environment. Traditionally focussed on aerospace warning and aerospace control, NORAD's mission evolved in the wake of the attacks, and its ability to monitor and respond to threats from within North America was developed.

In 2006, Canada and the US agreed to renew the NORAD Agreement in perpetuity, and NORAD was assigned a new maritime warning mission. Since this renewal, NORAD has the mandate to warn of potential maritime threats to respective national authorities and agencies, principally US Northern Command and the Canadian Joint Operations Command; both organizations are responsible for assigning forces to respond.

Canada's strong defence relationship with the US is extremely important, and through the mutual partnership in NORAD, Canada receives enhanced protection from a direct military attack as both nations share responsibility for the defence of North America.

"I joke and say my name is Alain Parent and I'm bi-national ... and accountable to both the US and Canadian governments for the defence of the homeland," he says with a chuckle.

FUTURE ROLES

NORAD will continue to play an important role in the future defence of North America as it adapts to the new challenges posed by world situations. NORAD, like many institutions, will have to update its threat capabilities and come up with more innovative ways to better protect Canada and the US.

Operation Noble Eagle, already in place, is the ongoing operation keeping domestic skies safe. There's also a Northern sovereignty operation using the North Warning System.

For the future, LGen Parent says, "We need to address cyber threats, which recognize no borders. So, if we want to have appropriate cyber defence, we have to study to see if we want to do this bi-nationally, US-Canada, or if each country takes care of its own. At this time, we do not have the answer to that question, but it is something that needs to be looked at."

Another issue yet to be addressed is the future of the North. As scientists warn of our melting ice cap, what will it mean for NORAD's maritime warning as traffic increases?

"Are we well-equipped to provide warning as traffic in the Arctic increases? Do we want to contribute bi-nationally again?" questions LGen Parent. "So, as we look at these challenges. We need to evaluate them and be able to articulate risk so that our governments can decide how to tackle them."

This is where the CAF's close working relationship with our US partners is of great importance to Canada.

"We are like family, not only here in Colorado Spring but across the US with all our NORAD OUTCAN Staffs," said LGen Parent.

WAY FORWARD FOR NORAD

The domestic and foreign challenges ahead for NORAD align with Command priorities, said LGen Parent.

"One of the most important is to achieve all domain situational awareness—where everyone who has a stake in the defence of the homeland creates a habitual relationship with NORAD that we want to nurture—so we can figure out what could go wrong and then prevent, deter, detect and, when required, act to make sure that our people are safe and secure on the continent. And make sure we keep our eye on the ball to outpace the threats." LGen Parent said there is a project underway called NORAD Next which is a strategic review of NORAD to ensure that we are ever-evolving in the Command, that we don't let our guard down.

"We have the watch ... and I want to be able to say by the end of my tour that, 'We had the watch and we didn't fail.'" ◆

FILE PHOTO

ARMY OF THE FUTURE: PREPARING FOR 2040

What will the global security environment look like in 2021? How about 2040? What type of threats will Canadians face at home and abroad? And, how will the Canadian Army keep Canadians safe and secure by planning for and adapting to the future? These are some of the challenging questions the Canadian Army Land Warfare Centre (CALWC) in Kingston is working to answer.

"The CALWC is tasked with providing the Army with a relevant plan for tomorrow and the future," explains Lieutenant-Colonel Victor Sattler, deputy director of the CALWC.

In mapping out that path, the CALWC examines past experience as well as future trends in emerging technologies, resource scarcity, demographic change, current conflicts, Army innovation and evolution, and allied relationships to envision what the security environment will look like tomorrow (five to 15 years from now) and in the future (15 to 30 years from now).

From there, the CALWC focuses on defining, testing and improving on concepts for new Army capabilities that will address the land warfare challenges of the future security environment.

"What we do is push experiments to the breaking point. We want to know what they can handle."

—LCol Victor Sattler

The Canadian Army believes that the best way to meet the potential threats of the future operating environment is through adaptive dispersed operations (ADO). ADO are all-encompassing but versatile operations that take into account diplomatic, defence, development and commercial resources in planning and coordination. The essence of ADO is the ability to conduct coordinated, interdependent, full-spectrum actions psychologically, physically and through information by widely dispersed teams.

"Our process includes a fair bit of experimentation, simulation and war games to validate proposed force structure models. Some of the work we do is grounded in capability development records that are used to articulate and track the staffing of systems to meet capability requirements, such as counter-IED, aviation, search, communications and electronic warfare," says LCol Brad Boswell, senior staff officer of capability development at CALWC. "We look to the capability gaps."

Currently the CALWC is working on several concept projects, as well as three design experiments. The first involves the development of integration options for an all-source centre for intelligence, surveillance, target acquisition and reconnaissance.

The second is a logistics project focused on determining the optimal distribution of combat service support (CSS) vehicles within a formation. Members of the CALWC team are testing container distribution, vehicle size and type, and how they will move across the battlefield in future security environments utilizing an ADO concept.

In the third experiment the CALWC is trying to determine the best battle group CSS system within an adaptive dispersed environment. The main point of this experiment is to determine how to best provide support in the field with the fewest number of personnel and vehicles.

"We always have at least one or two experiments going on. From seminar war-games to a synthetic environment experiment where ideas are modeled. We give them tasks to test their capabilities. Basically, what we do is push experiments to the breaking point. We want to know what they can handle," says LCol Sattler.

With every experiment and test, the CALWC is one step closer to figuring out how the Army of tomorrow will need to shaped and designed to meet a future that almost certainly promises to be both complex and volatile.

PHOTO: Sgt Matthew McGregor

TENT CITY

Aerial view of the JOINTEX headquarters compound during Ex MAPLE RESOLVE 13 in Wainwright, Alberta on May 26.

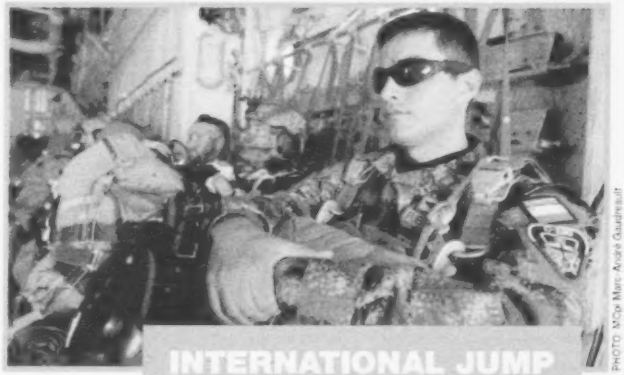


PHOTO: MCpl Marc-Andre Gaudreault

INTERNATIONAL JUMP

Canadian, Colombian and German jumpers wait for departure onboard a Colombian C-130 Hercules during Ex MAPLE FLAG 2013 (JOINTEX 13), at 4 Wing Cold Lake on May 27.

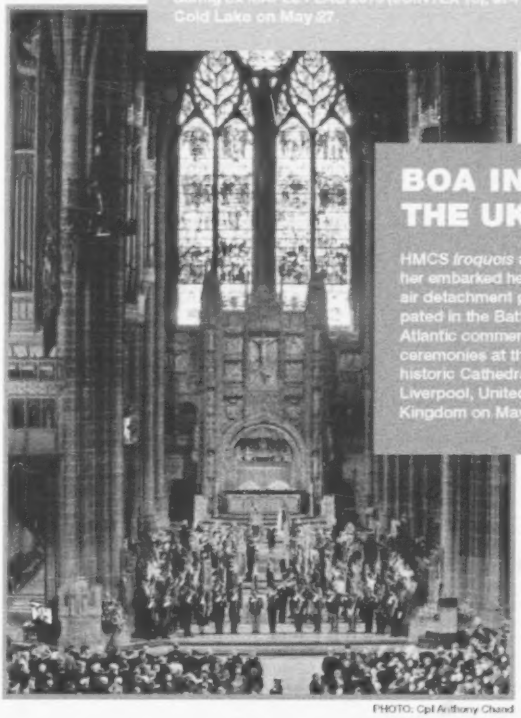
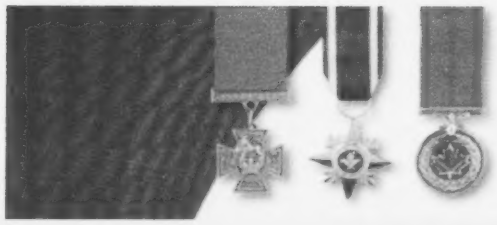


PHOTO: Cpl Anthony Chand

BOA IN THE UK

HMCS *Iroquois* and her embarked helicopter air detachment participated in the Battle of the Atlantic commemoration ceremonies at the historic Cathedral in Liverpool, United Kingdom on May 26.



CSOR SOLDIERS AWARDED VALOUR MEDALS

Street-level views of the central bazaar, known to CSOR operators as Building 4, immediately after the assault on May 7, 2011.

In a series of bold and coordinated attacks across the rugged Afghan terrain Taliban insurgents attempted to shift their fighting from the countryside to the crowded urban streets of the nation's major cities, in the spring of 2011. The enemy selected key targets including areas of high tactical value throughout Kandahar City, the provincial capital and focal point of the insurgency.

On May 7, 2011, shots rang out close to an Afghan Police checkpoint just outside the walls of the Kandahar Provincial Response Company (K-PRC) compound. As the attacks in the city grew in intensity, the Afghan government decided to call K-PRC to help quell the surge.

SPECIAL FORCES OPERATORS IN ACTION

The K-PRC was a well-trained and well-led, limited-notice response force comprised primarily of Afghan police who were trained and mentored by crack soldiers of Canadian Special Forces Operation Command (CANSOFCOM). After brief orders were issued to the force, including their Canadian Special Operations Regiment (CSOR) mentors, they moved to the centre of the city to conduct a reconnaissance on the massive building they were requested to clear by the American Force Commander. What they saw in front of them was a maze of vender stalls and shops littered with rugs and tapestries capable of hiding even the largest enemy opposition force from sight. Over the next 24 hours, the K-PRC would face one of its greatest challenges and stretched its personnel, leadership, and mentors to the brink.

"The conspicuous combat actions of these Special Forces Operators in the battle of Building 4 was borne of hard training and personified an admirable dedication to mission success," said Lieutenant-Colonel Hank Szelecz, commanding officer of CSOR. "Their actions were merely a reflection of the dedication, professionalism and commitment that all men and women of the Canadian Armed Forces demonstrate on a daily basis in defending Canadians, and our country."

CSOR MEMBERS PRAISED

As a result of this event, seven members of the Regiment were awarded the following: two Stars of Military Valour (SMV), one Meritorious Service Cross (MSC), one Medal of Military Valour (MMV), one Mention In Dispatches (MID), and three Chief of the Defence Staff Commendations. Governor General David Johnston and General Tom Lawson, CDS presented the majority of these awards at Rideau Hall on June 7. A CANFORGEN will be released in extension of CANFORGEN 052/13 – Honours Announcement with additional information.

The distinguished leadership, courageous service and self-sacrifice of the above mentioned CSOR members reflect extremely well on CANSOFCOM and the greater CAF community. On behalf of Commander CANSOFCOM, sincere congratulations are extended to all recipients. *Viam Inveniemus.* ♣

PHOTO: Cpl Malcolm Byers

HMCS *TORONTO* STOPS DRUG SHIPMENT

Naval boarding party members from HMCS *Toronto* remove drug pouches from a hidden compartment onboard a dhow in the Indian Ocean on May 6 during Op ARTEMIS.

HMCS *Toronto* disrupted an over 315 kilograms of heroin shipment in the Indian Ocean following the search of a suspect vessel by Toronto's naval boarding party as part of ongoing maritime security operations in the region.

HMCS *TORONTO* stops another drug shipment

HMCS *Toronto* has successfully stopped her fourth narcotics shipment in two months, as part of ongoing counter-terrorism operations in the Arabian Sea. During the search and inspection of a vessel by the ship's naval boarding team on May 23, Toronto's crew recovered approximately 300 kilograms of heroin. The narcotics were recovered without incident and will be destroyed.

Since her departure from Halifax in January, HMCS *Toronto* has recovered roughly 1,300 kilograms of narcotics.

Narcotics smuggling in the Arabian Sea and surrounding region is a recognized source of funding for terrorist organizations. By patrolling some of the world's most important shipping routes, coalition ships are denying financial resources to extremist groups, and helping to keep drugs off of Canada's streets.

HMCS *Toronto* is a Halifax-based Canadian patrol frigate with a crew of approximately 225 personnel, and includes a CH-124 Sea King helicopter air detachment, as well as a ship-board unmanned aerial vehicle detachment.

Training to Defend

JOINTEX 2013: NATIONAL EXERCISE FOR EXPEDITIONARY OPERATIONS

PHOTO: Cpl D. Salisbury

A coalition Leopard Tank patrols the East Isle and West Isle boarder's in a defensive measure against possible enemy attacks.

The fifth and final stage of JOINTEX, the first in a series of nation-wide joint training and readiness events designed to change how the Canadian Armed Forces (CAF) train, develop and learn to prepare for future operations, took place from May 6 to June 8. Stage 5 was a joint and integrated computer-assisted Field Training Exercise and Command Post Exercise involving live, virtual and constructive players and equipment operating in a shared training environment.

JOINTEX is specifically designed to train a Canadian-led Combined Joint Inter-Agency Task Force Headquarters (CJIATF HQ) in the planning and conduct of coalition full-spectrum operations in a joint, inter-agency, multinational and public environment.

"JOINTEX allowed us to further develop our replication of the contemporary and future operating environments in the live, virtual, and constructive training domains, all at the same time and in multiple locations," stated Lieutenant-General Stuart Beare, commander, Canadian Joint Operations Command.

JOINTEX began in 2010 and was conducted in five stages. Stage 4 ended on February 1 and was primarily concerned with delivering training aimed at the leadership of a Canadian-led CJIATF and also involved a computer-assisted Command Post Exercise. These activities ensured adequate preparation for the final stage.

Stage 5 utilized all components of the exercise in a complex scenario designed to train participants to develop doctrine, tactics and procedures that enhance the CAF's ability to deliver integrated effects. It had a complex operating environment allowing for the execution of numerous operations including deterrence, combat, security and planning for stability. Stage 5 was the most complex network-enabled collective training event the CAF have ever conducted, and included CAF members from across Canada.

Stage 5 of JOINTEX also integrated and leveraged the following three force generation exercises that are occurring at the same time. While these associated exercises will or have occurred separately, they were conducted in part and in conjunction with JOINTEX 13 to demonstrate the joint nature of CAF training.

- Exercise TRIDENT FURY, conducted by the Royal Canadian Navy in the vicinity of CFB Esquimalt from May 3-19;
- Ex MAPLE RESOLVE, conducted by the Canadian Army at CFB Wainwright from May 13 to June 9;
- and Ex MAPLE FLAG, conducted by the Royal Canadian Air Force at 4 Wing Cold Lake from May 27 to June 21.

"To ensure that we maintain that excellence in the modern battlespace, JOINTEX worked the pieces that have to come together for effective inter-agency, intergovernmental and coalition operations," said General Tom Lawson, Chief of the Defence Staff.

For more information on JOINTEX, visit: **www.cjoc.forces.gc.ca/ex/jointex/index-eng.asp** ◆

PHOTO: MCpl David F. McVeigh

MCpl Nigel William, 3 PPCLI works close protection for Col David Anderson as he chats with local business men during Ex MAPLE RESOLVE 1301 in CFB Wainwright.

EX ROGUISH BUOY: CAF COMBAT DIVERS UNITE

On a dark and cold night in the Comox Valley of British Columbia, the wind blew with fierce intentions. Snow uncommon to this elevation was beating down upon the land that had been carved by time. While all wild things were seeking refuge in whatever cover they could find, a force was moving through the water. Many would expect this force to be out of its element in this situation, but it is in these conditions, in the dead of night, that the Canadian Forces Combat Divers used their steadfast discipline and specialized training to prove their worth.

ANNUAL EXERCISE

The Canadian Forces Combat Divers come from the various Combat Engineer Regiments across Canada and meet annually for Exercise ROGUISH BUOY. The exercise has historically been an occasion to unite the dispersed dive teams, bringing them together to share learned experience and build cohesion amongst those with this highly specialized skill set. This year's main focus was on developing new and enhancing old tactics, techniques, and procedures, and on testing new ways to enable the divers to accomplish their missions. Each unit was assigned a subject and given two days to conduct their training stand for the dive teams. The training stands covered underwater navigation, underwater demolitions, insertion and extraction techniques, and water to land transitions from swimming, diving, and kayaking.

ARMY DIVE CENTRE – CENTRAL HUB

The Army Dive Centre (ADC) which is stationed at the Canadian Forces School of Military Engineering at CFB Gagetown acts as the central hub of the dive teams. For this exercise they developed a unique scenario that involved diverse tasks designed to stymie the advance of a notional enemy's conventional army. Each team on the exercise was given similar combat engineer missions, involving covert waterborne tasks such as establishing a beach landing site, bridge reconnaissance, pier attacks for bridge demolition, and capturing enemy shoreline observation posts. These missions were accomplished using specialist resources such as collapsible two-man kayaks, diver propulsion vehicles, compressed air breathing apparatus, Zodiac inflatable boats, as well as underwater navigation boards and other common diving equipment. Each team completed the given missions and then conducted thorough after action reviews where good and bad points were consolidated to be learned by all. From these points ADC is rewriting the Canadian Forces Combat Diving publication to keep it up-to-date with modern equipment and tactics.

After three weeks of trial and error, the combat divers learned a great deal. The complexity of tactical diving is a test to the most skilled soldier, developing the required skills is a daunting task from the beginning, done in a dark and cold environment where solitude is a regular feeling. However in the final days of Ex ROGUISH BUOY, it was apparent that the divers had mastered their newly learned skills and were incredibly confident in the new tactics they developed.

This year's ROGUISH BUOY proved to continue to be a vital part of Combat Diving, allowing Combat Dive Teams to share lessons, work together, and push the boundaries to further develop their capabilities. ◆

PHOTO: Cpl Hollie

Members of the 2 CER Combat Dive Team approach the beach tactically by kayak.

May ANNOUNCEMENTS at Defence

Numerous announcements bloomed this month...

May 1:

Battle Of The Atlantic Veterans Honoured

More than 50 veterans of the Battle of the Atlantic were honoured during a gala dinner at the Canadian War Museum in Ottawa. "It is a great honour for me to have this opportunity to express our thanks to the veterans of the Battle of the Atlantic who sacrificed so much for Canada during this difficult campaign in which our navy truly came of age as a force," said Vice-Admiral Paul Maddison, Commander Royal Canadian Navy.

May 5:

Commemoration of the Battle of the Atlantic

Canadians from across the country gathered to commemorate the sacrifices made by thousands of Canadians who fought during the Battle of the Atlantic, which ran from 1939 to 1945. The first Sunday of each May, Canada and its naval community commemorate those lost at sea in the longest single campaign of the Second World War. Today, the legacy of the Battle of the Atlantic is upheld by those currently serving, pledging themselves "Ready, Aye, Ready" to face today's security challenges with pride and professionalism.

May 6:

Defence Team Recognizes Mental Health Week

Defence Minister Peter MacKay, and Chief of the Defence Staff General Tom Lawson, recognized Mental Health Week and reiterated the Defence Team's commitment to the mental health of defence personnel and their families.

Funding Announced For Search And Rescue Prevention And Response

Defence Minister Peter MacKay, and Lead Minister for Search and Rescue, welcomed new funding for the Newfoundland and Labrador Search and Rescue Association as part of an $8.1 million federal investment in search and rescue prevention and response in Canada, through the Search and Rescue New Initiatives Fund.

May 9:

CAF recognize National Nursing Week

Defence Minister Peter MacKay and Chief of the Defence Staff Gen Tom Lawson, recognized Canadian National Nursing Week and the Defence Team's commitment to the health of military personnel and the services that men and women nursing officers provide. As the pioneer of Canadian military nursing, Matron Pope was the first woman to be provided the rank, pay, and benefits of an officer in the Canadian Army. Since those early beginnings, nurses have served in every major conflict in which the CAF have engaged.

May 10:

Military Infrastructure improvements in Quebec

Three investments to improve military infrastructure in Quebec were announced. A $826,000 contract for urgent repairs to the wooden structure of Building H-103, at the Saint-Jean Garrison. H-103 houses the Saint-Jean Garrison clothing stores, which serves the Canadian Forces Leadership and Recruit School, a unit of the Canadian Defence Academy.

Also announced were two infrastructure improvement projects at the Citadelle of Quebec. With an investment of $2 million to be used to rebuild the wall of Main's Bastion, to extend its life span, preserve its heritage character, and ensure the safety of the pedestrians who use the Promenade des gouverneurs, which runs along the Citadelle to the Dufferin Terrace. The Government of Canada has also invested just over $1 million to replace a boiler at the Citadelle of Quebec.

PHOTO: Cpl Jenya Theriault

Defence Minister Peter MacKay (centre) opens the new 14 Wing Greenwood Health Services Centre.

May 13:

Royal Canadian Air Force begins TigerEx 2013

Search and Rescue technicians, aircrew, maintainers, and other support personnel from 8 Wing Trenton held an annual search and rescue exercise in Churchill, Manitoba, which ran from May 13-17.

May 14:

Opening of the Greenwood Health Services Centre

The William Hall VC Building, the new Health Services Centre at 14 Wing Greenwood, was officially inaugurated. The Health Services Centre project involved the construction of a two-storey, 4,473 m² facility that will significantly improve the standard of health care provided to the community at 14 Wing Greenwood. The new centre will provide direct, comprehensive mental health services, medical, and dental care to the Wing population, including space for a cadet walk-in clinic.

Investments for Sea Cadet Summer Training Centre

A contract valued at approximately $11 million was awarded to the Annapolis Basin Conference Centre of Cornwallis, N.S., to provide the facilities and services required to operate HMCS *Acadia*, the largest Sea Cadet Summer Training Centre in Canada, for nine weeks over the next three summers and provide year-round storage facilities.

Investments in the Cadet Program will help ensure cadets continue to have the best possible support for their training.

May 15:

Investment in Primary Care Paramedic Training and Infrastructure at CFB Gagetown

A contract was awarded for Primary Care Paramedic training for CAF medical technicians, and for the renovation and expansion of the Gagetown Military Family Resource Centre. The overall value of the contract is approximately $7.6 million for the initial two-year period, which may be followed by a three-year option valued at $10 million. In addition, a contract of $1.89 million has been awarded to renovate and expand CFB Gagetown's Military Family Resource Centre.

May 17:

Canadian Forces Recruiting Centre Opens

The newly opened recruiting centre in Calgary will be responsible for the Prairies and the Canadian North in terms of attracting, processing and recruiting Canadians interested in a career in the CAF. As such, it will oversee any attraction activities in those areas and will also assist with national Diversity programs in the North. It will also partake in mobile recruiting teams who will visit – a couple times a year, based on demand – communities not directly serviced by a recruiting centre.

May 21:

VAdm Paul Maddison Awarded the US Legion of Merit

VAdm Paul Maddison, Commander Royal Canadian Navy, was awarded the Legion of Merit (Degree of Commander) by Admiral Jonathan Greenert, US Navy Chief of Naval Operations, during a full honours ceremony at the Washington Navy Yard on April 26. VAdm Maddison was recognized for his dedication to superior maritime partnership and security co-operation efforts with the US during his time as the Commander Royal Canadian Navy.

Duke of Edinburgh First to Receive Order

His Royal Highness The Prince Philip, Duke of Edinburgh, was presented with the insignia of Commander of the Order of Military Merit (ORMM) by Governor General of Canada David Johnston, during a special presentation in Toronto on April 26.

His Royal Highness was in Toronto to perform a presentation of colours to the 3rd Battalion, The Royal Canadian Regiment, of which His Royal Highness has been Colonel-in-Chief since 1953.

Prince Philip was made an extraordinary Companion of the Order of Canada simultaneously.

Typically, only serving members of the Canadian Armed Forces (CAF) may be appointed as commanders, officers and members of the ORMM. The Constitution of the Order was amended on April 22 to create a new division of membership. The newly created division allows, in addition to the Governor General who is always appointed to the Order when he/she becomes its Chancellor as Governor General, for the appointment of members of the Royal Family as extraordinary commanders, officers and members of the ORMM.

Members of allied armed forces may also be appointed as honorary commanders, officers and members of the Order. Similar changes were made to the Constitution of the Order of Canada at the same time.

His Royal Highness was the first person directly appointed to the extraordinary division of both orders on April 23. ◆

PHOTO: GG Rideau Shewchuk

Governor General David Johnston, presented the insignias of Companion of the Order of Canada and Commander of the Order of Military Merit to His Royal Highness the Duke of Edinburgh during a special presentation on April 26.

MY ROLE IN THE CFDS

MY ROLE IN THE CFDS features military and civilian personnel and occupations throughout the Defence Team. Featured profiles use real-life stories to illustrate the dedication, excellence and professionalism of personnel and employees in their day-to-day jobs under the purview of the *Canada First* Defence Strategy.

CORPORATE AWARDS AND RECOGNITION

PHOTOS: Cpl William White

"Everybody has a role to play in developing a culture of a positive, rewards-based organization," says Grace Olha, acting team leader of the Corporate Awards and Recognition Team. "As an employee, think about the value of being recognized, the small gestures that mean so much. Yet, how often do we do it?"

The Corporate Awards and Recognition Team are the vertebrae in the backbone supporting employee well-being – a key ingredient to the personnel pillar in the *Canada First* Defence Strategy. One of the programs the team is responsible for is departmental recognition. The team is made up of Anne Demers, Grace Olha, Laurie Gariano, Joanne Lavergne, Amelie Talbot, are passionate about recognizing the achievements that come out of the daily work carried out by the Defence Team.

"It's one of the most rewarding jobs I've had in my career," admits Ms. Olha. "But what really makes the job special is being involved in celebrating excellence."

MANAGEMENT TOOL

Recognition is a cornerstone of organizational well-being and the foundation of solid management.

"It really gives people that extra boost we all need in our daily working lives," says Anne Demers, manager of EAP, Well-being and Awards & Recognition. "We need to be acknowledged and we don't do enough of this in our workplace. But, that's what we're about – it's about creating that kind of culture within DND."

The team has four lines of business driving its daily operations:

1) Running the annual DND Corporate Awards Program;

2) Providing functional guidance to groups/commands for their merit awards program;

3) Managing the Long Service Awards program;

4) Promoting the external awards – external awards outside the department that employees and members are eligible for.

"Typically, our days start-out addressing the 'hot burning issues' (HBI) requiring immediate attention," says Ms. Olha. "Most HBIs are related to our signature event, the Corporate Awards ceremony which we manage and oversee the coordination from start-to-finish."

CREATIVE SOLUTIONS

Yet despite the daily office routine, the opportunity for creative output isn't lost on this team, who regularly innovate to improve Defence Team managers' awareness and delivery of employee recognition.

"We are fortunate to have out-of-the-box thinkers," adds Ms. Gariano. "And we recently created a new tool to encourage informal recognition which has been well received throughout the organization."

"We thought that managers required another avenue to demonstrate informal recognition to their employees," says Ms. Gariano, "so we developed a 'Thank You' card using images from the CF Photo Contest."

The images selected were a blend of military and non-military – a panorama of an arctic landscape, for example, with the name of the photographer captioned on the card. Each pack of 10 cards has a different image and these are now widely used by managers to thank their people. It's a notch above a verbal 'thank you' and they're becoming quite popular.

"Thank You' cards can be ordered through the Corporate Awards & Recognition Website. So far, DND managers have ordered 3,000 cards.

CORPORATE AWARDS CEREMONY

The team's focus is now firmly fixed on preparing for their signature event – the Corporate Awards ceremony at the Canadian War Museum on June 18. Attendees usually walk away from this event feeling honoured to take part in this celebration of excellence. According to the group, the lead-up to the event is exciting and intense, but well worth the effort.

Each year, every group/command submits nominations for individuals or teams for a chance to be selected for a Corporate Award. Four categories of awards are available to nomination and are presented at the ceremony, which include the new Deputy Minister's Award for Excellence (civilian only), the Deputy Minister's Commendation, the DM/CDS Innovation Award, and the Management of HR Award (Leadership and Employment Equity categories). The recipients are presented their awards at an annual ceremony hosted by the Deputy Minister and the Chief of the Defence Staff. Nominators are also invited.

"We really need to recognize the nominators in addition to the winners. They are the unsung heroes of this process. Without people taking the time to capture such important achievements, we wouldn't be aware of the great work performed by the Defence Team," Ms. Olha says.

"At the end of the day, everyone wins in the recognition program," sums up Ms. Demers. "The employees and managers of the Defence Team…it's all about the people who make a positive impact on our organization."

Visit the Corporate Awards & Recognition Website nominate a deserving member of the Defence Team for a prestigious corporate award: **hrciv-rhciv.mil.ca/en/p-awards.page?**. Nominations are accepted throughout the year. ◆

"Everyone wins in the recognition program," says Anne Demers.

Stress, anxiety, personal problems? CAF PROGRAMS CAN HELP

"It's okay to ask for help," says Lieutenant-Colonel Stephan Métivier, a signals officer employed in Personnel Services, who oversees policies, benefits and support programs available to Canadian Army personnel. "It's courageous to ask for help and it's smart."

People encounter difficulties at work or at home on a regular basis. It's a fact of life. Sometimes, those difficulties can be hard to manage and possibly even overwhelming. While some may try to solve these problems on their own, it is important to know that support is available within the Canadian Armed Forces (CAF).

"If somebody is distressed, the first resources available to them are their family and friends, their unit and leadership — the people who know them the best are really good resources," says LCol Suzanne Bailey, the senior staff officer for social work and mental health training and education in the CAF. "As well, CF Health Services Clinics provide excellent access to primary care providers such as doctors, nurse practitioners and physician assistants as a starting point to receiving care."

"We also have direct access to mental health consultation through psychosocial services, so CAF members can call or walk in to one of our 26 clinics across the country and get direct services for mental health there," she adds. "Chaplains are also another resource for support, information, and referral; most people are quite comfortable going to talk to a chaplain and the Military Family Resource Centres have also hired social workers to provide some clinical services to families."

PROGRAMS AVAILABLE

In contacting any CF Health Services programs, there is complete confidentiality, no stigma, and no cost.

The CAF also offers a wide range of services to support members and their families. The "Guide to Benefits, Programs, and Services for CF Members and their Families" (**www.cmp-cpm.forces.gc.ca/cen/pub/gui/guide-eng.asp**) offers information on programs like the Joint Personnel Support Unit, Career Transition Assistance Programs and the Family Information Line.

The Canadian Forces Member Assistance Program (CFMAP) is another place to turn to for help. Since its inception in 1999, the CFMAP has assisted nearly 43,000 members and their families in dealing with a wide array of personal and professional concerns. The program offers support in areas including marital and family concerns, personal and emotional issues, stress, burn-out, work-related issues such as harassment and problems relating to drugs and alcohol.

"People often aren't aware that their family members can also access CFMAP, so if your spouse or child wants to talk to someone, they can receive up to eight counselling sessions for a specific issue, at no cost to them," says LCol Bailey.

Military members and their families can access CFMAP through a toll-free number, 1-800-268-7708, staffed 24 hours a day, 365 days a year by fully bilingual, professionally trained in-take counsellors.

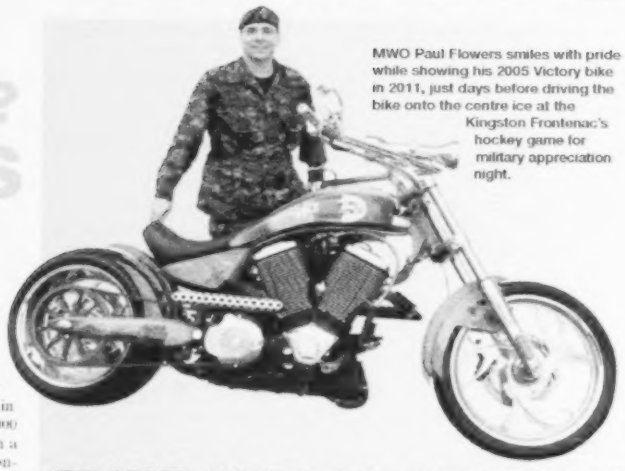
In case of emergencies, members may access a physician during daily sick parade, or are advised to contact their local emergency department. Members are also encouraged to speak with their chain of command if they are struggling or have any concerns.

"It's key that the chain of command makes it known that they support people seeking help," says LCol Bailey. "If members know their supervisor is going to be supportive, then they're much more likely to tell their chain of command what's going on and be more open and transparent, which benefits everybody."

"If a crisis doesn't get dealt with, chances are it gets worse and then it becomes a downward spiral that can be hard to get out of," says LCol Métivier. "It takes someone very courageous and strong to face these things. Doing nothing might seem easier, but there is a price to pay."

"If somebody is distressed, the first resources available to them are their family and friends, their unit and leadership— the people who know them the best are really good resources."

— LCol Suzanne Bailey



MWO Paul Flowers smiles with pride while showing his 2005 Victory bike in 2011, just days before driving the bike onto the centre ice at the Kingston Frontenac's hockey game for military appreciation night.

PHOTO: John Price

THERAPY ON WHEELS: Healing the wounds of war through art

Master Warrant Officer Paul Flowers returned from his six-month tour in Afghanistan in 2008 a changed man. The man who loved to hunt, throw a ball with his son and take Sunday joyrides on his motorcycle was anything but joyful.

MWO Flowers (then a sergeant) experienced things in Afghanistan that disturbed him, troubled him, uplifted him and inspired him – things he still has a hard time putting into words. His mind was a jumble of mixed emotions.

"You're coming out of a hot war zone, your body and your brain has a hard time slowing down," he says. "It was hard to get used to the fact that I didn't have to look over my shoulder all the time."

BUILDING INFRASTRUCTURE

MWO Flowers, a Royal Canadian Air Force mobile support equipment (MSE) operator, served in remote areas of Afghanistan, including mostly the Panjwa'i district. He built roads under the Construction Management Organization, a Canadian Armed Forces (CAF) entity that was created for the purpose of improving local infrastructure and provided local people with paid employment and opportunities to learn trade skills. Building paved roads also allowed CAF troops and local residents to travel faster and more safely.

The team took great pride in helping local Afghans earn money, learn new skills and help their fellow citizens lead better lives. Yet the pride MWO Flowers felt was not enough to erase the anxiety members can be exposed to when working under the constant threat of attack.

THREAT BECAME REALITY

MWO Flowers remembers a day when that threat became a reality.

"One afternoon a rocket came in and hit a tree where we would gather under every day to have our end of day meetings. The shrapnel dispersed over our road equipment and sea cans and just riddled everything full of holes. If the debrief we had that day had been 20 minutes longer, our whole crew would have been under that tree at the time of impact. Judging from the damage to our equipment, I don't know that any of us would have survived."

While in-theatre, MWO Flowers was able to put his feelings aside, something he credits to his training as a CAF member. Yet once he returned home, all the feelings he had kept inside began to surface. His mind would wander back to Afghanistan and he began driving his motorcycle just a little too fast, disappearing for hours.

THERAPY ON WHEELS

Knowing he had to do something, MWO Flowers bought a 2005 Victory bike from a friend. And with his help and supportive ear, MWO Flowers began to transform the bike by hand into the extreme motorcycle it is today.

"I took all that energy and blended it together and made a creation. I don't look at it as a bike. I look at it as therapy on wheels and a piece of art. I doubt I would have been able to build the bike the way it turned out if I had not been to Afghanistan because the concept for everything on it is war-driven. I strongly believe, fully support and will always be the first one to state, that people should get help from the system if they need it. I just chose to deal with my feelings in a different way."

One of MWO Flowers' goals is to show the bike to other injured soldiers at some of the Joint Personnel Support Units or Integrated Personnel Support Centres across Canada.

"Just to converse about what we experienced, what it was like to step out there every day into the unknown and show that there are other ways to vent, to be productive and to start recovery. If you wallow for too long, then you end up losing yourself and you might get to a point where you won't recover and never come back. You have to be strong and strong-willed, reach out for help if you need it or find a way like I did of working through it. Then it becomes easier to talk about, easier to deal with and then it eventually becomes a distant memory, even though you never really forget it."

For more on MWO Flowers and his extreme motorcycle, visit **www.rcaf-arc.forces**.

CELEBRATING PUBLIC SERVANTS' commitment to Canadians

It's a time to celebrate the important work of federal public servants and to recognize their contributions to Canada during National Public Service Week (NPSW) June 9-15.

SERVING CANADIANS

The advice public servants provide to government and the services they deliver to Canadians have a direct and positive impact on our citizens' security and well-being.

Public servants patrol our coastlines, secure our borders, keep our food supply safe, ensure Canadians remain healthy, negotiate international partnerships and trade agreements that help our nation succeed in a competitive world.

While the spirit of NPSW has not changed this year, the public service has and it is more important then ever to celebrate the great work done by all members of the Defence Team.

Managers understand the impact change can have on their employees and they have great pride in the dedication, support and resiliency of public servants in meeting challenges together.

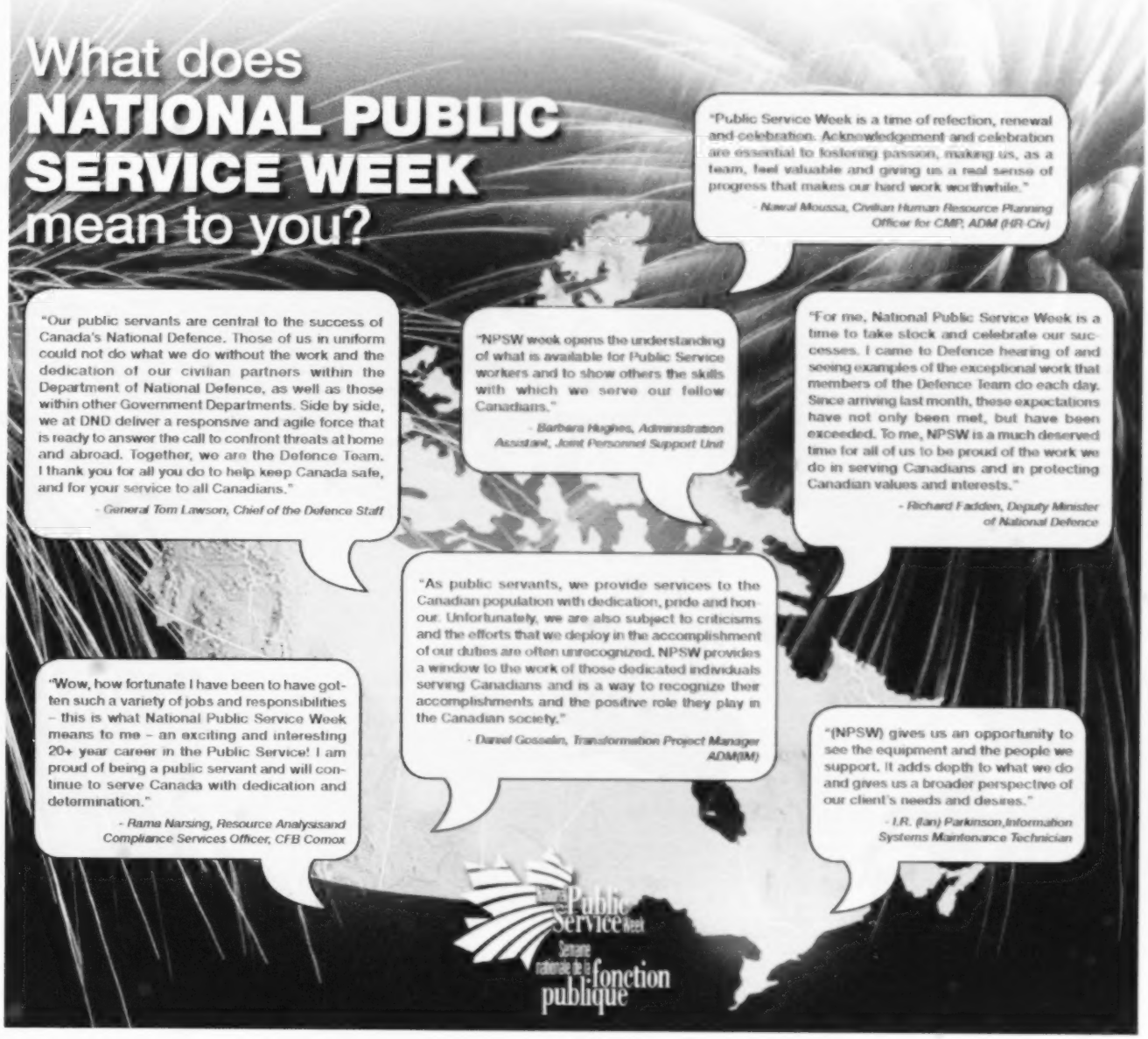
EMPLOYER OF CHOICE

For many, the Public Service of Canada remains an employer of choice, especially for recent post-secondary graduates.

"Growing up, I was exposed to the important role that the Public Service plays in Canadian culture and society and knew that working in the Public Service was a great way to use my education and training to make a difference in my country, while continuing to challenge myself. Today, I am so proud to be able to work for such a dynamic organization and to serve the interests of Canadians and Canadian Armed Forces members in my daily work," shares Kirsten Davison, marketing advisor at Assistant Deputy Minister (Public Affairs) and Steering Committee member of the Defence Youth Network.

Civilian employees at DND can be proud of their work and of the innovation they have presented. These accomplishments can be seen across the Defence Team on a daily bases, as well as at the annual Corporate Awards ceremony which takes place this month.

During this year's NPSW, let's be proud of our role and celebrate our contribution to Canadian society! ◆


What does
NATIONAL PUBLIC SERVICE WEEK
mean to you?
"Public Service Week is a time of reflection, renewal and celebration. Acknowledgement and celebration are essential to fostering passion, making us, as a team, feel valuable and giving us a real sense of progress that makes our hard work worthwhile."
- Nawal Moussa, Civilian Human Resource Planning Officer for CMP, ADM (HR-Civ)
"Our public servants are central to the success of Canada's National Defence. Those of us in uniform could not do what we do without the work and the dedication of our civilian partners within the Department of National Defence, as well as those within other Government Departments. Side by side, we at DND deliver a responsive and agile force that is ready to answer the call to confront threats at home and abroad. Together, we are the Defence Team. I thank you for all you do to help keep Canada safe, and for your service to all Canadians."
- General Tom Lawson, Chief of the Defence Staff
"NPSW week opens the understanding of what is available for Public Service workers and to show others the skills with which we serve our fellow Canadians."
- Barbara Hughes, Administration Assistant, Joint Personnel Support Unit
"For me, National Public Service Week is a time to take stock and celebrate our successes. I came to Defence hearing of and seeing examples of the exceptional work that members of the Defence Team do each day. Since arriving last month, these expectations have not only been met, but have been exceeded. To me, NPSW is a much deserved time for all of us to be proud of the work we do in serving Canadians and in protecting Canadian values and interests."
- Richard Fadden, Deputy Minister of National Defence
"As public servants, we provide services to the Canadian population with dedication, pride and honour. Unfortunately, we are also subject to criticisms and the efforts that we deploy in the accomplishment of our duties are often unrecognized. NPSW provides a window to the work of those dedicated individuals serving Canadians and is a way to recognize their accomplishments and the positive role they play in the Canadian society."
- Daniel Gosselin, Transformation Project Manager ADM(IM)
"Wow, how fortunate I have been to have gotten such a variety of jobs and responsibilities – this is what National Public Service Week means to me – an exciting and interesting 20+ year career in the Public Service! I am proud of being a public servant and will continue to serve Canada with dedication and determination."
- Rama Narsing, Resource Analysisand Compliance Services Officer, CFB Comox
"(NPSW) gives us an opportunity to see the equipment and the people we support. It adds depth to what we do and gives us a broader perspective of our client's needs and desires."
- I.R. (Ian) Parkinson,Information Systems Maintenance Technician
National Public Service Week
Semaine nationale de la fonction publique

MAN ON A MISSION:
HLCOL DEDICATED TO PRESERVING CANADIAN MILITARY HISTORY

Dr. Kevin McCormick, President and Vice Chancellor of Huntington University, and also the Honorary Lieutenant Colonel (HLCol) of the Irish Regiment of Canada, is a man extremely dedicated to ensuring that the sacrifices made by the men and women of the Canadian Armed Forces (CAF) are not only preserved, but also honoured by this and future generations of Canadians.

18-MONTH MISSION

On April 16, he began an 18-month personal mission to mark the 100th anniversary of the start of the First World War by travelling across the country offering personal donations of items of historic value to museums, military associations and units, as well as reuniting medals and personal effects with family members.

HLCol McCormick will be making hundreds of donations of various items, such as the memorial cross, the victory medal and meritorious service decorations, as well as hundreds of personal effects from fallen soldiers. He has personally purchased all of these items with his own resources in order to ensure that "the rich history of the Canadian military is both honoured and preserved as a lesson for both this generation and for generations to follow".

"I am both humbled and privileged to play a small part to thank and honour the sacrifices made by the members of the Canadian Armed Forces as well as the contributions made by their families and loved ones," says HLCol McCormick.

CHALLENGE ISSUED AND ACCEPTED

On May 2, HLCol McCormick made a presentation to the Canadian Forces Military Police Group (CF MP Gp) of the medals and Canadian Provost Corps accoutrements from Lance Corporal Henry Horricks. With this presentation, he made the challenge to the CF MP Gp to seek out the background of Lance Corporal Horricks to honour his life and to promote the history of our members. He also made a generous donation to the Military Police to support its heritage efforts.

The Deputy Commander of the CF MP Gp, Lieutenant-Colonel Robert Delaney, respectfully accepted these donations and committed to the request of HLCol McCormick to learn more about one of our former members.

"Your efforts to preserve and promote Canadian military heritage is truly admirable," said LCol Delaney. "Your donation of the items from Canadian Provost Corps Lance Corporal Horricks is a reminder of the proud heritage entrusted to us and following generations so that we may never forget their sacrifices." ◆

LCol Robert Delaney, deputy commander of the CF MP Gp, accepts war medals and accoutrements of a former Military Police member from Dr. Kevin McCormick, who is travelling Canada in an effort to ensure Canadian war artefacts are preserved appropriately. CWO Richard Day, the Regimental Sergeant Major, CF MP Gp, is also present.

HUMAN RIGHTS
IN THE WORKPLACE

The Department of National Defence (DND) and the Canadian Armed Forces (CAF) are committed to providing a respectful workplace by promoting prevention and prompt resolution of discrimination which is prohibited under the *Canadian Human Rights Act*. The recent publication of Defence Administrative Orders and Directives (DAOD) 5516-0 and DAOD 5516-1 harmonize DND/CAF policy on human rights in the workplace and are intended to be comprehensive documents to be referred to.

Essentially, DAOD 5516-0 lays out the obligation of Defence Team members to comply with and respect human rights standards of behaviour and conduct in the workplace with regards to the 11 prohibited grounds of discrimination. DAOD 5516-1 provides clear information on how human rights complaints are processed within DND/CAF. These administrative orders and directives supersede the CAF Administrative Order 19-40 entitled Human Rights Discrimination and the Civilian Personnel Administrative Order 2-02 entitled Human Rights-Discrimination.

The publication of these human rights DAODs reflect the goals of the Defence Team to be an inclusive organization that values all its members, strives to provides a fair and supportive work environment and offers barrier-free work conditions reflective of the diversified Canadian workforce.

DAOD 5516-0 and DAOD 5516-1 can be found by consulting the following Website: **http://admfincs.mil.ca/admfincs/subjects/daod**.

ROLLING ACROSS THE COUNTRY FOR CHARITY

Once again, Military Police, volunteers, and civilian supporters of our troops are gearing up for the 5th Annual Military Police National Motorcycle Relay Ride (MPNMRR), which is due to hit the open road in St. John's, NL on August 2.

On April 23, Major Bob Edwards, the 2012 Ontario Ride Captain, accompanied by other riders, presented a $75,000 cheque to the Children's Wish Foundation and the Military Police Fund for Blind Children. These funds were raised during the 2012 coast-to-coast ride, which set a new record for the ride's fundraising initiatives.

"We are extremely proud of the significant contribution made by the MPNMRR to the Military Police Fund for Blind Children," said Lieutenant-Colonel Gilles Sansterre, chair of the fund. "The lives of many visually impaired children across this country are enriched by this generous donation."

LONGEST ANNUAL MOTORCYCLE RELAY IN WORLD

The MPNMRR is the longest annual motorcycle relay in the world with national riders covering in excess of 10,000 kilometres during the event. When the 5th annual MPNMRR kicks off on "The Rock" motorcycle enthusiasts will roll their thuottles out of St. John's, NL and will visit all of the major military establishments across Canada, arriving in Victoria, B.C. August 25. Courageous riders will also venture south from the frigid conditions of the Northwest Territories for the second year in a row, riding a whopping 5,459 kilometres.

Since riders rolled out of St. John's, NL for the first ride in 2009, over $170,000 has been raised for numerous charities. This year funds raised will support the Military Police Fund for Blind Children nationwide and the Children's Wish Foundation in select provinces.

Lamont French, the MPNMRR national chairperson, has been involved in the ride since its initial launch in 2009 and is very passionate about fundraising for kids stating, "The privilege of paying it forward to children is an honour."

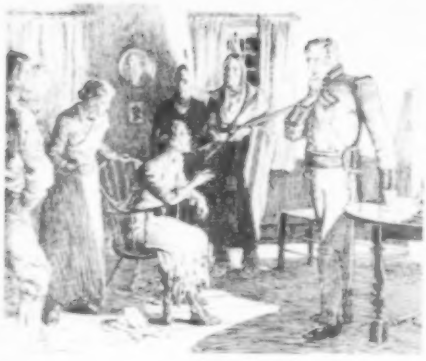
HOW TO SUPPORT, DONATE, PARTICIPATE

Join the 5th annual Military Police National Motorcycle Relay Ride, as it rolls through your area between. All motorcycle enthusiasts are welcome to participate, whether it is as a national, provincial or local rider. For more information on the ride, how to register, become a sponsor, donate, or participate in on-line auctions, visit the MPNMRR Website at **www.mpnmrr.ca**. ◆

The MPNMRR is the longest annual motorcycle relay in the world with national riders covering in excess of 10,000 from Newfoundland to British Columbia.

HISTORIC MILESTONES

UNLIKELY CANADIAN HEROINE: LAURA SECORD



In a year characterized by a torrent of violence following President James Madison's declaration of war against Britain, by 1813 Americans and Canadians had exchanged countless death blows on the battlefields along their border in an international struggle for continental mastery. The bloodiest and most frequent clashes took place along the lush Niagara frontier where the destruction was total and the misery and suffering a tragic consequence of military action.

The fortunes of war in June 1813 looked grim for Upper Canadians. American troops sacked the capital at York two months before and now occupied large areas in today's "Golden Horseshoe", including the town of Queenston.

In the midst of the melee in Queenston, a petite and unassuming woman originally from Massachusetts, Laura Ingersoll Secord, would play a vital role in this global contest.

PEACEFUL EXISTENCE

She lived a peaceful existence with her husband James Secord, operating a prosperous business in Queenston and raising five children. Like numerous families during the War of 1812, this idyllic existence was taken away from the Secords given the family's involvement in the colony's defence: James was a sergeant in the 1st Lincoln Militia. He fought at the Battle of Queenston Heights and was badly wounded. Laura, receiving word that James needed help, ran to the battlefield and found her wounded husband. Legend suggests that Laura appeared on the battlefield as three American soldiers were preparing to club her husband to death. Laura intervened, offering to exchange her life for his. The Americans were eventually dispersed and the Secords were permitted to return home finding it had been ransacked by the invaders.

When the Americans recommenced their occupation of Queenston in May 1813, they arrested and imprisoned all males of military age. James, still recovering from his wounds, was exempt from deportation. But the family wasn't spared from the privations of war. American officers moved into the Secord home relegating the family to the kitchen and a bedroom.

After the evening meal, it became routine for the Americans to relax and chit-chat about the war. It remains unclear how events played out at the Secord house on the evening of June 22, but the American commander at Queenston, Colonel Charles Boerstler, joined his subordinates for dinner. Col Boerstler disclosed plans for a surprise attack against Lieutenant James FitzGibbon and the tiny British detachment at Beaver Dams, a staging area for raiding parties against the Americans. The situation was critical since taking Beaver Dams would have ceded full control over the Niagara Peninsula to the Americans, a fate the struggling British colony could ill-afford.

INTELLIGENCE OPERATIVE

Comprehending the necessity of warning the British, Laura resolved to deliver the message to Lt FitzGibbon early the next morning. Laura feared, quite rightly, that she would encounter American sentries along the direct route to Beaver Dams so she proceeded through the woods. She walked to St. David's where she was joined by her niece Elizabeth and then to Shipman's Corners (now St. Catharines). Elizabeth became exhausted and Laura continued alone, uncertain of the way but following the general direction of Twelve Mile Creek. That evening, after crossing the creek on a fallen tree, Laura stumbled upon a friendly Mohawk war party encampment.

Eighteen hours and almost 32 kilometres after she began her trek, Laura was ushered into Lt FitzGibbon's headquarters, where, in exhaustion, she relayed the story of the American surprise attack. Lt FitzGibbon subsequently received intelligence reports from scouts in the area that an American force was on the move, corroborating Laura's information. Lt FitzGibbon's suspicions were now confirmed. Appreciating the strategic advantage he could muster by launching his own ambush, Lt FitzGibbon acted, dispatching the Indian force with about 50 British soldiers. The smaller Indian war party attacked the column, wounding the American commander who dined in Laura's house two evenings before. Then in a gutsy move, Lt FitzGibbon negotiated with the wounded American commander and while concealing the actual size of his force, persuaded Col Boerstler to surrender his troops.

Laura returned secretly to her family behind enemy lines and her story remained a secret.

In Lt FitzGibbon's official report, no mention was made of Laura's role. Yet the junior officer later wrote that the victory at Beaver Dams was a direct result of Laura's trek and her "strong and persistent will". The Niagara Peninsula remained a British-Canadian possession given the victory which demoralized the remaining Americans left behind at Fort George. They rarely launched patrols to engage the British, choosing instead to abandon Fort George just six months after their hard-fought victory.

"Laura Secord feared, quite rightly, that she would encounter American sentries along the direct route to Beaver Dams so she proceeded through the woods."

PHOTO: Capt Fraser Clark

SAD TWIST IN SECORD'S STORY

There is a sad twist to Laura's story. The war hadn't been kind to the Secords. The family business was now destroyed and the Secords lived in poverty, surviving off James' tiny war pension. When he died in 1841, Laura was left destitute. She turned to needle work and opened a small school in her cottage which operated for a brief period.

On several occasions, the Secords unsuccessfully petitioned the government for some kind of acknowledgement. In 1860, when Laura was 85, the Prince of Wales heard of her story. At Chippawa, he was made aware of Laura Secord's plight as an aging widow and sent an award of £100 pounds sterling.

It was the only official recognition she received during her lifetime. ◆

PHOTO: National Archives of Canada

Two French boys, one wearing a Scottish regimental Glengarry, salutes Canadian soldiers as they liberate Boissons, France, June 19, 1944.

OPERATION OVERLORD: D-DAY REMEMBERED

More than 23,000 jump-smocked paratroopers, from three Allied Airborne Divisions, leapt into the night skies over Normandy on the evening of June 5, 1944, launching the largest military invasion in history.

The D-Day assault, a huge and complex undertaking, was a multinational, combined operation involving hundreds of thousands of sailors, soldiers and airmen whose mission was to deliver freedom to Nazi-occupied Europe.

OPERATION OVERLORD

Overall command of Operation Overlord belonged to American General Dwight D. Eisenhower, a commander known for his conciliatory nature who united the extreme personalities making up the senior Allied command structure in England. British General Bernard L. Montgomery was appointed as the ground forces commander.

As a testament to Canada's war effort, Supreme Allied Command tasked the Canadians the responsibility of their own invasion beach, the only nation other than the United States and Britain accorded this honour.

The five beaches—Gold and Sword for the British, Utah and Omaha for the Americans, and Juno for the Canadians—were well defended and had been beefed up under the supervision of the superb Afrikakorps Commander, Field Marshall Erwin Rommel. Backing Rommel and the Atlantic Wall were 10 Panzer-Grenadier Divisions, all in operation by the end of June 6.

The volume of men and materiel involved in the Normandy invasion was astounding: three airborne divisions, along with five infantry divisions, supported by armoured units from three nations to be landed on five separate beaches. Thousands of aircraft and 7,000 vessels had to be coordinated in order to move those personnel from Britain to assault the Nazi defences on the northern coast of France.

JUNO BEACH

By day's end, 340 Canadians were killed with 574 wounded and 47 taken prisoner. Of all the divisions that landed on June 6, the Canadians gained the most ground by sundown. But D-Day represented much more than the one-day affair we commemorate today. The Normandy invasion marked the beginning of the end of Hitler's brutal grip over Europe and the re-birth of freedom across Europe was delivered by Gen Eisenhower's multinational liberators.

PSP RECREATION STAFF:
Role Models and Confidence Builders

PHOTO CFMWS

A crafty challenge between kids and councillors at PSP Recreation Summer Camp at CFB Petawawa.

The weather is warming, the jackets are coming off, and we're nearing the end of another school year. For 11-year-old Dylan Ouellet, the excitement is building as he awaits summer camp at CFB Petawawa.

"Dylan has special needs," explains Kristine Ouellet, a military spouse and Dylan's mother. "The PSP Recreation staff members truly are guardian angels, they take the time to get to know the children, realizing everyone is unique. With Dylan, they've built a special bond that will last a lifetime."

Dylan struggles with change but with the help of dedicated Personnel Support Programs (PSP) staff, his confidence has blossomed. By the end of last summer he was even getting up on a horse.

RECREATIONAL BENEFITS

When children participate in recreational play, they develop physically, emotionally, socially, and cognitively. What they learn at play provides a strong foundation that will help prepare them for future life experiences. Positive experiences help children become more confident, more likely to remain physically active throughout their lives and contribute more to the community.

HIGH FIVE

PSP Community Recreation recognizes the importance of creating these types of opportunities for Canadian Armed Forces families. To ensure the highest quality standard, departments are HIGH FIVE® registered organizations. HIGH FIVE is Canada's quality standard for children's recreation and sport. Through its certification and training program, HIGH FIVE provides PSP lifeguards, coaches and day camp leaders with the skills they need to support the safety, well-being and the healthy development of participants.

"We train our staff to be role models and builders of supportive relationships," says Felecia Arsenault, a PSP HIGH FIVE trainer at CFB Petawawa. "The establishment of caring, positive, and supportive relationships with adults can help children develop positive social skills, boost self-esteem, and build resiliency. These skills can help children in military families face the challenges unique to their lifestyle."

Ms. Ouellet says that PSP recreation staff made special efforts to help Dylan participate and make friends with others. This was extremely helpful during her husband's three deployments.

"It's not just a camp and councillors, it's a family, a support system and a connection to the community," she explains. "The warmth and caring they give our (military community) kids makes all difference in the world."

PSP Recreation Programs are available from coast to coast. Children in military families can take part in a wide variety of activities, including everything from archery lessons to swimming teams to drama clubs. To discover more, visit **www.cfgateway.ca**. ◆

ASK THE EXPERT:

Q: It has been a long time since I've been physically active, but I am now striving to get back in shape. I've been participating in intramural sports lately and recently took up running and weight lifting. The only downside is that I am sore all the time and am afraid that if I keep going at this pace I am at risk of injury. Am I simply over-reacting?

A: People can injure themselves in a variety of ways if they're not aware of their body's limitations. Many sports injuries, such as a dislocated shoulder or herniated disc, are common among professional athletes, but not as frequent among the average person working out. What is extremely common is getting injured by training too much, too hard and too soon. An example is the person who hasn't run in 10 years and one day decides to jog 10 km. This type of workout will often end with injury or soreness.

Excessive training occurs at every level, including Olympic hopefuls and the local fun run. In every case, it happens when you don't allow your body sufficient time to adapt before increasing effort. You are most vulnerable when just initiating your fitness program and starting at a level that is much too demanding. It takes time for the body to adapt to the stresses of training.

Regardless of your fitness level, progress your training slowly and carefully. No two people will adapt at the same rate, so it's impossible to provide an exercise routine that will work for everyone. If you haven't ran in a while, try walking for a month or two first. Try alternating high impact activities such as running, with low impact activities like swimming. Make sure you rest at least one day per week and gently increase your training load. If you follow these injury prevention strategies you will be spending more time in the gym and less time in physiotherapy.

Answer provided by Strengthening the Forces. Send any related questions to: +Internal Communications Internes@ADM(PA)@Ottawa-Hull. *Only selected questions will be answered in subsequent columns.*

SAFE SUMMER TRAINING

The summertime, for many, is the best time to produce substantial fitness gains and meet set goals. But as easy as summer training may appear, plenty of people end up over-training and injuring themselves. Make the most of your summer training by following a few tips to help you reach your objectives while also staying injury-free.

- Hydrate – Drinking plenty of fluids is essential in avoiding muscle cramps and promoting recovery. It's very hot during the summer; water will be your best friend.
- Warm up and Stretch – Warming up before any strenuous exercise will loosen-up your muscle tissues and thus prevent injury or painful soreness. Stretch after you exercise to keep your muscles flexible.
- Pace yourself – Start slowly and gradually increase your workout load as you get more comfortable. Rushing into an activity can lead to cramps and muscle damage.
- Take a few rest days – Rest is as important as working hard in the gym. Without rest you cannot recover and improve. Rest will give you some extra time to yourself, as well as more energy upon your return to the gym.
- Eat a balanced diet – Meals rich in carbohydrates and protein will help build and repair your muscles tissues as well as provide a great source of energy throughout the day. ◆

DID YOU KNOW JUNE IS RECREATION MONTH?

Celebrate recreational benefits and enter the Discover Your Adventure Contest for your chance to win a recreation-filled family getaway in Alberta's Kananaskis region. Visit **www.cf-rec.ca** to enter!

KEEPING THE DEFENCE TEAM
HEALTHY

Defence Ethics Programme

RANK ASSUMPTIONS PART II

"Hey, I hear Chief Warrant Officer Pelley is taking his commission. That really surprises me," says Master Corporal Fry.

"Why?" asks Sergeant Cheung, who works MCpl Fry in a large fleet maintenance depot. "The officer's salary will add to his pension. It sounds smart to me."

"CWO Pelley is one of the best non-commissioned member (NCM) I've ever worked for – I'm happy for him and I think he's earned it," says Sgt Cheung.

"Well, he's kind of going over to the dark side, don't you think?" asks MCpl Fry.

"What are you talking about?" asks Sgt Cheung, "if you mean that by taking his commission he is selling out, I think you are wrong."

Sgt Cheung was kind of irritated at how this discussion was going, so he headed back into his office. He disregarded the conversation he had with MCpl Fry since he knew that MCpl Fry often exaggerated and liked to 'stir the pot'.

Later that day, Sgt Cheung walked into the lunchroom to get a cup of coffee and heard several members discussing CWO Pelley's pending promotion, including MCpl Fry. "Yeah, I do think CWO Pelley is selling out," said Warrant Officer Nic Briere. "Me too," added MCpl Fry, "what's wrong with being a CWO? The salary is excellent and he's got a lot of authority and responsibility." The other members in the conversation (corporals and a few other master corporals) agreed with them both. WO Briere continued, "he'll turn into every other officer I know: hiding behind a desk and blaming everything that goes wrong on the troops, in other words – us! As for me, I work hard for a living."

Sgt Cheung was not impressed with what he heard, especially from WO Briere. "He should know better," Sgt Cheung thought to himself. "CWO Pelley will make an excellent officer." Since Sgt Cheung joined the military several years ago, he always hated the way some of his colleagues turned the division between the non-commissioned members and the commissioned officers into something really negative, with comments like 'officers don't really work as hard' or that 'they all have cushy jobs in Ottawa'. While he firmly believed in the chain of command, and he had come across some officers who were clearly better than others, he didn't paint them all with the same negative brush. One thing was certain, he was concerned that the negative assumptions being spouted by WO Briere and MCpl Pelley would influence the more junior members of the unit. He wondered what he could do to prevent that.

From an ethical perspective, what are your thoughts on this scenario? Should Sgt Cheung be concerned about what he heard?

MINI-COMMENTARY:

We all have assumptions based on what we observe, particularly when we serve a hierarchical organization. We also have a job to do, based on a combination of carefully-designed qualifications, rank and experience. But when we act on our badly-informed assumptions, the effects on the workplace environment can be damaging. Stating an assumption about others who serve the same organization, one obviously based on wrong or stereotyped information, is disloyal to the organization and shows a clear lack of respect for its structure and its leadership at the NCM and officer levels. In this case, it also has the potential to spread disinformation to other members who are not as experienced or knowledgeable. Our loyalty should be to the overall organization we serve, not to stereotypes that get spread. We should openly question statements based on incorrect or exaggerated information. That goes a long way towards breaking down stereotypes that serve absolutely no purpose.

RCAF CREW HELPS MEDEVAC INJURED HIKER

The crew of an RCAF Cormorant helicopter assisted RCMP and Ground Search and Rescue (GSAR) crews to evacuate an injured hiker from the banks near Chehalis River, north of Chilliwack, B.C., on May 20.

The hiker had been walking a narrow trail along the Chehalis when he fell approximately 30 metres to a rocky outcropping below. Although GSAR and RCMP were able to locate the man and provide aid, they requested assistance from the Canadian Armed Forces (CAF) to evacuate the man as the challenging nature of terrain would have made evacuation by ground difficult.

The Cormorant helicopter from 442 Transport and Rescue Squadron, 19 Wing Comox, arrived overhead just after midnight.

"We had excellent communication with the GSAR personnel and we were able to locate the scene quickly," said Captain Luc Coates, aircraft commander. "Because of the tall trees and steep terrain, we had to hover quite high and it took a lot of cooperation amongst the crew to ensure we got our Search and Rescue Technicians (SAR Techs) on the ground and the patient hoisted safely."

After a hoist of 73 metres, the SAR Techs worked with the GSAR team to get the patient into a rescue litter, in stable condition.

Search and Rescue (SAR) incidents under the federal SAR mandate are defined as all aircraft incidents and all marine incidents in waters under federal jurisdiction. With the exception of federally owned National Parks, the overall responsibility for land and inland water search and rescue rests with the provinces, territories and municipalities. The CAF may, however, provide assistance to land and inland water rescues when possible. ♦

Flight Engineer, Cpl Will Kerby, prepares to bring an injured hiker inside a Cormorant helicopter after being hoisted from the banks of the Chehalis River, B.C. on May 20.

CHANGE OF AUTHORITY

PHOTO: Sgt Douglas Derechiei

MGen James Ferron (right), the outgoing Commander of Canadian Contribution Training Mission and Deputy Commanding General-NATO Training Mission-Afghanistan, signs the Transfer of Command Authority Scrolls over to incoming Commander, MGen Dean Milner at a parade held at Camp Phoenix in Kabul, Afghanistan on May 24. The Ambassador of Canada to the Islamic Republic of Afghanistan, Glenn V. Davidson was a witness to the event.

UPDATE ON CAF RECRUITING

The Canadian Forces Recruiting Group (CFRG) structure has been subject to a number of changes over the last 20 years. Over that time, recruiting and training services have been amalgamated and then separated again, the number of Recruiting Centres and Detachments has changed and the way services are provided have been modified.

What hasn't changed, however, is the core mandate of the CFRG. It continues to support the operational capability of the Canadian Armed Forces (CAF) by attracting, processing, selecting and enrolling Canadian citizens to join the Regular Force, and we also continue to process the requests of Canadian citizens who wish to join the Primary Reserve or the Cadet Organizations Administration and Training Service.

WEB-BASED APPROACH

In the recent years, the CFRG has faced a new challenge in how it reaches Canadians; the younger generation is more active on the Web and communicates almost exclusively on social media, and so the CFRG must follow suit.

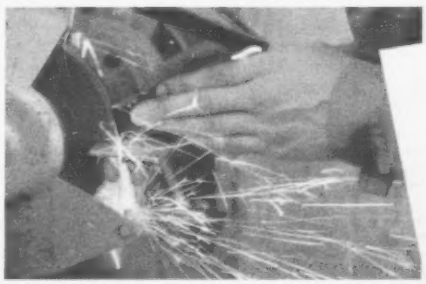
With over 1,300 Web-based applications received in the first two weeks of the current fiscal year, the CFRG is continuing its shift to see all applications being processed on-line within a few years. The Group is also developing a robust on-line presence and will soon partake in social media chats to ensure that its voice is heard over many other voices.

This does not mean, however, that the storefront Recruiting Centres will disappear from the landscape. To the contrary, the CAF Recruiting Centres and Detachments are ever more present with new office spaces and a new national brand image. The current recruiting structure comprises six geographical areas and 26 detachments in the main population centres with reach across the nation.

RECRUITMENT SUCCESSFUL AND CHALLENGING

Recruiting has been extremely successful, with approximately 30,000 applications received each year. Some specialized military occupations still represent a recruiting challenge though and efforts must be focussed on these occupations to ensure that the CAF continue to put the right people to work in the right place at the right time.

With just over 4,000 positions available this year, the competition will remain uncompromising. Although Canadians can apply with as little as a Grade 10 education, the chances for receiving an employment offer increase dramatically with more advanced education and experience. If you know someone interested in joining the CAF, encourage them to apply on-line at **www.Forces.ca**. ♣



Contact CFRG today, to see what specialized trades are available.

Quick Facts

Positions are available in various engineering fields such as Naval Combat Systems Engineering, Electrical and Mechanical Engineering and Combat Engineering. The Meteorological Technician and Pilot occupations (through a Community College program) also have many vacancies.

Did you know?

An applicant can enrol as a pilot and follow the academic portion of the training in a Community College.

THE MILITARY POLICE collect for blind children

The Canadian military police deployed on Operation ATTENTION Roto 2 had their American counterparts join them in their first combined charity activity, raising just over $4,100.

Funds were collected for the Military Police Fund for Blind Children during a Spin-O-Thon held in Camp Phoenix, Kabul. In the spirit of co-operation, six Canadian teams and two American teams competed in the event. Each team consisted of 12 participants who pedaled for one hour on stationary bikes.

"We encourage initiatives like this Spin-O-Thon because they embody the values of sharing, generosity and altruism, values held dear by the Canadians we represent in Afghanistan," says Lieutenant-Colonel Stephen MacDonald, commander National Command and Support Element (NCSE).

The initiative for the activity came from Master Corporal Cory Taylor, an NCSE military police member from Montréal, Que., whose home unit is Canadian Forces National Investigation Service in Ottawa. MCpl Taylor has devoted much of his time to organizing, promoting and coordinating the event. To increase charitable donations, he added a "pay-to-stay" component under which the cyclists would make an additional donation to encourage participation by members of the chain of command, all of whom enthusiastically took part.

The spirit of competition developed from the start of the Spin-O-Thon and drove participants to push their personal limits, combining the values of physical fitness and generosity. Overall, the 96 participants covered a distance of over 3,000 km on stationary bikes. The winning team cycled close to 450 km, second and third place teams pedaled 422 km and 412 km respectively.

Members of Op ATTENTION Roto 2 also raised funds for this cause in March with $590 in proceeds from a ball hockey tournament, bringing the total collected to $4,700, a new record for a rotation of Op ATTENTION.

The Military Police Fund for Blind Children was founded in 1957 to help visually impaired children up to the age of 21. The Fund is operated exclusively by volunteers from the Military Police. For more info visit **www.mpfbc.com**. ♣

Spin-O-Thon held at Camp Phoenix, Kabul, Afghanistan: CWO Martin Colbert, (left) Col Roch Pelletier, MWO Nelson Babin, LCol Stephen MacDonald and LT1 James Robson (US Army) pedalled for the Military Police Fund for Blind Children.

PHOTO: Sgt Doug Dunnichay

VETERANS REVIEW AND APPEAL BOARD:

Apply to become a member

The Veterans Review and Appeal Board is the independent tribunal that offers an avenue of appeal for disability benefits decisions made by Veterans Affairs Canada (VAC). The Board is continually looking for qualified individuals for the position of board member, and encourages those with military experience to apply. The next application deadline is August 31.

The Board holds hearings for individuals seeking redress of their VAC disability benefit decisions. Board members, who are impartial decision-makers, take a completely new look at every case. They make a full and fair examination of every file, listen to testimony and ask questions, weigh all the evidence and write decisions with reasons for the ruling.

Interested candidates must meet the selection criteria to ensure they have the skills and abilities to make decisions for Veterans, Canadian Armed Forces and RCMP members, and their families. Board members are appointed by the Governor in Council after qualifying through an open and merit-based selection process that recognizes the value of military, medical, policing, and legal experience. Currently, almost half of the Board's members have military, RCMP, or medical backgrounds.

Once appointed, all members undergo a rigorous training program that supports them in making fair, well-reasoned decisions that satisfy the requirements of the legislation. They are required to deal with a heavy workload – approximately 20 cases per week, and hear cases in locations across Canada.

To find out more about the position of board member and how to apply, please visit the "Chair and Members" section of the Board's Website at: **www.vrab-tacra.gc.ca**.

CAF CONCLUDE EX TRIDENT FURY

Exercise TRIDENT FURY 13 came to a conclusion over Victoria Day weekend in Esquimalt, B.C. The biennial joint naval exercise hosted by Maritime Forces Pacific took place on and around Vancouver Island from May 3 to 19. More than 2,000 sailors, soldiers, airmen, and airwomen from the Canadian Armed Forces (CAF) and the United States participated in a full spectrum of air, land, and sea tactical warfare training with the aim of strengthening communication and coordination between coalition forces.

PARTICIPATION WITH JOINTEX 13

Ex TRIDENT FURY 13 broke new ground this year as a portion of the exercise was incorporated into the larger, joint, national-level exercise JOINTEX 13. JOINTEX, a nation-wide joint training exercise, aimed to maximize the way in which the CAF train and develop into a ready force for future operations. TRIDENT FURY's participation within JOINTEX entailed littoral operations and the ship-to-shore movement of approximately 150 troops of the Canadian Army. Comprising a land component from the Royal 22e Regiment, Patrol Pathfinders, clearance divers from Fleet Diving Unit (Pacific), mine countermeasure training, and various air and naval assets, this event served to promote joint interoperability in a littoral environment.

"These training opportunities provide us with the capabilities to achieve a joint, integrated, agile, and ready force," said Commodore Scott Bishop, commander of Canadian Fleet Pacific and exercise director. "These realistic scenarios played out over the last two weeks have enhanced our ability in future operations at home and abroad."

On May 17 and 18, HMCS *Ottawa* and *Algonquin* embarked members of the Canadian Army as they prepared to conduct amphibious landings.

"Exercises like this increase our knowledge base and create opportunities to develop our tactics for various operations," said Petty Officer, 2nd Class Adam Callaghan, HMCS *Ottawa*'s Electronic Warfare Supervisor and Regulating Petty Officer (RPO). "As the RPO, it's especially challenging when we embark personnel from another element, but we were excited to have them on board."

Operations Room Officer and Information Management Director students were tested through numerous live fire exercises, as well as complex air, surface, and subsurface operations involving HMCS *Victoria* and US Navy surface units.

LAND COMPONENT

Once off the ships, the land component of the exercise involved the movement of soldiers in platoon-sized groups through semi-permissive geography where multiple objectives of varying difficulty needed to be achieved over a 24-hour period. At the same time, a CP-140 Aurora circled overhead providing imagery and information to the troops on the ground. Upon completion of the objectives, the troops returned to the ships as the culminating part of the exercise.

"It was joint operations at its finest," added Cmdre Bishop. "We successfully demonstrated that we can bring all three services together and work together as one." Ex TRIDENT FURY 13 successfully concluded on May 19, and has set the stage for future Canadian Fleet Pacific exercises. ◆

After strapping his fins to his ruck sac, Cpl Eric Gauthier, of the R22eR Valcartier, slowly pushes his way through the water on his way back to shore, after jumping out of a RCAF CC-130 Hercules aircraft.

Après avoir sauté d'un aéronef CC-130 Hercules de l'ARC, le Cpl Eric Gauthier, du R22eR, basé à Valcartier, avance lentement dans l'eau pour gagner la plage.

A sailor from HMCS *Algonquin* climbs through a hatch during fire drill exercises to ensure survivability at sea, off the coast of British Columbia.

Un marin du NCSM *Algonquin* monte une échelle pendant des exercices de lutte contre les incendies tenus au large de la Colombie-Britannique.

Capt Daniel Powell watches over the edge of a CH-124 Sea King helicopter as a litter is hoisted onto HMCS *Victoria*, during recovery practices.

À bord d'un hélicoptère CH-124 Sea King, le Capt Daniel Powell participe à la descente d'une civière à bord du NCSM *Victoria* dans le cadre d'exercices.

PHOTOS: MCpl/Cpl Patrick Blanchard

PHOTO: Sgt Norm McLean

Canadian soldiers from R22eR Valcartier, take a knee as they exit the zodiac, to conduct a beach landing near CFB Esquimalt.

Des soldats du R22eR, de Valcartier, effectuent un débarquement sur une plage près de la BFC Esquimalt.

HMCS *Ottawa* passes by HMCS *Victoria* (submarine) during maritime manoeuvres practice, off the coast of British Columbia.

Au cours d'exercices portant sur les manœuvres maritimes, le NCSM *Ottawa* croise le NCSM *Victoria* (sous-marin) au large de la Colombie-Britannique.

PHOTO: MCpl/Cpl Patrick Blanchard

LA FIN DE L'EXERCICE TRIDENT FURY

L'exercice TRIDENT FURY 2013 a pris fin au cours de la fin de semaine de la fête de la Reine, à Esquimalt, en Colombie-Britannique. L'exercice naval biannuel interarmées tenu par les Forces maritimes du Pacifique a eu lieu du 3 au 19 mai sur l'île de Vancouver et dans les environs. Plus de 2 000 marins, soldats et aviateurs des forces canadiennes et états-uniennes ont participé à l'ensemble de l'instruction portant sur la guerre tactique aérienne, terrestre et maritime en vue de renforcer la communication et la coordination entre les forces de la coalition.

L'INTÉGRATION À JOINTEX 2013

L'ex TRIDENT FURY 2013 a innové cette année puisque une partie de l'exercice a été intégrée à un vaste exercice interarmées national, JOINTEX 2013. Cet entraînement interarmées national visait à maximiser la façon dont les FAC s'entraînent et se perfectionnent en vue des opérations futures. L'intégration de cette partie de l'exercice TRIDENT FURY à JOINTEX a nécessité des opérations littorales et un débarquement d'environ 150 soldats de l'Armée canadienne. Grâce à une composante terrestre formée d'éléments du Royal 22e Régiment, d'éclaireurs-patrouilleurs, de plongeurs-démineurs de l'Unité de plongée de la Flotte (Pacifique), de spécialistes de la lutte contre les mines et de diverses ressources aériennes et navales, l'activité a permis de favoriser l'interopérabilité interarmées dans un milieu côtier.

« Ces possibilités d'entraînement nous permettent de constituer une force interarmées intégrée, souple et prête », affirme le commodore Scott Bishop, commandant de la Flotte canadienne du Pacifique et directeur de l'exercice. « Ces scénarios fidèles à la réalité se sont déroulés au cours des deux dernières semaines et ont augmenté nos chances de mener à bien les opérations futures au pays et à l'étranger. »

Les 17 et 18 mai, les militaires de l'Armée canadienne sont montés à bord des NCSM *Ottawa* et *Algonquin* en vue d'effectuer des débarquements.

Soldiers from the R22eR jump off their rigid-hull inflatable boat near CFB Esquimalt.

Des soldats du R22eR descendent de leur canot pneumatique à coque rigide, près de la BFC Esquimalt.

PHOTO: MCpl/Cpl Patrick Blanchard

« Les exercices de ce genre élargissent notre base de connaissances et permettent de mettre au point nos tactiques en vue de différentes opérations, explique le maître de 2e classe Adam Callaghan, superviseur de la guerre électronique et second maître régulateur du NCSM *Ottawa*. En tant que second maître régulateur, il est particulièrement difficile d'accueillir des soldats d'un autre élément, mais nous étions ravis de les avoir à bord. »

Les marins stagiaires de l'agent de la salle des opérations et du directeur de la gestion de l'information ont été mis à l'épreuve au cours de nombreux exercices de tir réel, ainsi que d'opérations aériennes, de surface et sous-marines complexes mettant en jeu le NCSM *Victoria* et des unités de surface de la United States Navy.

LA COMPOSANTE TERRESTRE

La composante terrestre de l'exercice exigeait le déplacement de soldats en groupes de la taille d'un peloton dans un milieu semi-permissif où ces derniers devaient atteindre des objectifs multiples de diverses difficultés au cours d'une période de 24 heures. Au même moment, un CP-140 Aurora s'occupait de fournir des images et des renseignements aux militaires au sol. Après l'atteinte des objectifs, l'exercice battant son plein, les soldats sont revenus à bord des navires.

« Il s'agit d'opérations interarmées à leur meilleur, ajoute le Cmdre Bishop. Nous avons réussi à montrer que nous pouvons regrouper ces trois services et collaborer comme le feraient les membres d'une seule équipe. »

L'exercice TRIDENT FURY s'est terminé avec succès le 19 mai, et a ouvert la voie aux futurs exercices de la Flotte canadienne du Pacifique. ◆